

BIGGLESWADE SWIMMING CLUB

IN ASSOCIATION WITH

MID BEDS SWIM SQUAD

(Affiliated to ASA East Region and Bedfordshire ASA)

9th OPEN MEET

(Under ASA Laws and Technical Rules)

Level 2 licence 2ER8048

Saturday 26th and Sunday 27th January 2008

at the

SAXON POOL and LEISURE CENTRE

Saxon Drive, Biggleswade

We are pleased to provide information about our 9th Open Meet. This Meet is aimed at swimmers who already have County Qualifying Times and wish to achieve Regional and National Qualifying Times. This meet has a Level 2 licence and therefore has both Qualifying times and Upper Limit times. These are based on Graded Tables. Swimmers with a disability are welcome to enter provided that their entry times fall within the overall qualifying times envelope. They should put their Disability classification on their entry forms and bring their FAC cards for the referee.

We hope that you will be able to take part and that the event will prove to be as successful as in previous years. We have enclosed all of the information that you should need but if further details are required please do not hesitate to get in touch.

Colorado electronic timing will be in use in the 8 lane 25m deck level pool.

We would appreciate it if your club could supply any Officials to help on both days as the conditions of the Level 2 licence demand that all officials are qualified. Please forward details with entries giving the name of the officials and their qualifications, using the form enclosed. Could all those officials who volunteer assume their services will be needed. Thank you.

In this pack are:

- Meet rules and Information
- Schedule of events
- Individual Entry form
- Club Summary Entry form
- Coach & poolside pass application form
- Officials form
- Qualifying and Upper Cut Off Times

Club who wish to enter 10 or more swimmers or events should request a meet entry disc which will be posted to them as soon as possible after the request is received. All clubs are asked to complete a Club Entry Summary form. Clubs are also reminded that ALL entries must meet the Qualifying Times and age criteria. The meet will be run with secondary entry cards: please ensure that we have contact details for each club to issue them.

Please note that there is limited parking available at the centre where the gym will remain open to the public during the Meet and shared use of transport might be useful. We hope you will enjoy the meet. Good Luck!

Pat Dowsett & Vicky Brettle
Meet Organisers



BIGGLESWADE SWIMMING CLUB

in association with

MID BEDS SWIM SQUAD

9th OPEN MEET – Licence No: 2ER8048 January 26th & 27th 2008

MEET RULES AND INFORMATION

- 1 The competition will be held under ASA Laws and ASA Technical Rules.
- 2 All events will be heat declared winner with the fastest 3 in each age group being awarded prizes.
- 3 The age groups for boys and girls are: 9yr - 10yr - 11yr -12yr - 13yr - 14yr -15yr & over.
- 4 Age as at 27th January 2008.
- 5 There will be a Top Visiting Team award presented at the end of the competition.
- 6 There will be a Top Boy/Girl Prize awarded. The points scoring for these awards will be:
1st – 6 points 2nd – 5 points 3rd – 4 points 4th – 3 points 5th – 2 points 6th – 1 point
If there is a tie for Top Team or Top Boy or Girl awards, the number of 1st, 2nd etc places may be used to determine the winner.
- 7 Valid entries will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are requested together with a single cheque. Later individual entries may not be accepted. However, the promoters reserve the right to close entries for individual events, event by event, to maintain a balanced programme. Closing date for entries Wednesday 28th November 2007.
- 8 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 9 Skins events: Entry to the Skins events will depend on the results of the 50m Freestyle events. The swimmers recording the eight fastest times in the 50m free events will be invited and expected to participate in the Skins events, two reserves will also be announced. If they do not wish to take part they must say so immediately to the announcer or card table and the reserves will be invited to participate instead.
- 10 Over the top starts may be used at the promoters' discretion.
- 11 The entry fee is £ 4.00 per event. All entries must be on the official entry form (photocopies accepted), and MUST include the entrant's ASA identification number together with all entry fees. No entries will be accepted after the closing date or during the meet unless due to promoter's error or omission. Entries will not be registered unless accompanied by the correct entry fee. Please make cheques payable to BIGGLESWADE SWIMMING CLUB; single cheques from each club are preferred with swimmers paying their own club.
- 12 Swimmers who do not send their entry on an official Biggleswade 9th Open Meet entry form will not be accepted.
- 13 Results of this Meet will be posted on BWSC web site and submitted to the ASA.
- 14 Prices:

| | |
|------------------------------------|--------|
| Programme for each Day | £ 3.00 |
| Spectator admission per day: Adult | £ 5.00 |
| Child/OAP | £ 2.00 |
- 15 Closing Date for entries: **Wednesday November 28th 2007.**
- 16 Coach Passes are available to *bona fide* Coaches supporting competing swimmers – maximum 4 per club depending on swimmer numbers. These include a programme and full set of results (these will be sent by e-mail wherever possible). Coach Pass - including lunch/refreshments £15.00 each day or £30 for both days. Coach passes must be ordered with entries to assist with catering and will be issued at the door. Clubs represented by small numbers of swimmers but no *bona fide* coach should apply to the promoter with the entries for a poolside pass - £10.00 per day (no food). Both coach and poolside passes give access to poolside in accordance with ASA Child Protection Guidelines.
- 17 All swimmers should be supervised by coaches/team managers during the warm ups and whilst on poolside. Coaches and team managers are responsible for the behaviour of their swimmers at all times. All swimmers and coaches are reminded that they are responsible for the safety of all their possessions. The changing village has lockers operated for a returnable £1 fee.
- 18 Swimmers are advised that they must register for photographic use if they carry and use mobile telephones capable of capturing a photographic image.
- 19 Any conditions not covered by the above will be at the discretion of the promoters, BIGGLESWADE SWIMMING CLUB as Mrs P Dowsett and Mrs V Brettle

All entries to Mrs P V Dowsett:

and enquiries to

Mrs V Brettle
70 Church Street
Gamlingay
Sandy, Beds
SG19 3JJ
Tel: 01767- 651343

or Mrs P V Dowsett
9 King Street
Potton
Sandy, Beds
SG19 2QT
01767 260448

visit our web site:
www.biggleswadesc.org

e-mail:
admin@biggleswadesc.org

BIGGLESWADE SWIMMING CLUB
in association with
MID BEDS SWIM SQUAD
9th OPEN MEET – Licence No: 2ER8048
January 26th & 27th 2008

| Saturday 26th January | Pool Opens 8.15 a.m. | Sunday 27th January | Pool opens 8.15 a.m. |
|---|---|--|--|
| <p><u>Session One</u> Cards posted by 8.45 Warm Up 8.30 Start 9.30</p> | <p>Event 1 B 10 yr + 400m I.M. 2 G 10 yr + 100m Breast 3 B 10 yr + 100m Butterfly 4 G All ages 200m Freestyle 5 B All ages 200m Back</p> | <p><u>Session Four</u> Cards posted by 8.45 Warm Up 8.30 Start 9.30</p> | <p>Event 16 G 10 yr + 400m I.M. 17 B 10 yr + 100m Breast 18 G 10 yr + 100m Butterfly 19 B All ages 200m Freestyle 20 G All ages 200m Back</p> |
| <p><u>Session Two</u> Cards posted by 1.15 Warm Up 1.00 Start 2.00</p> | <p>Event 6 G All ages 200m I.M. 7 B All ages 200m Breast 8 G 10 yr + 100m Back 9 B 10 yr+ 100m Freestyle 10 G All ages 200m Butterfly</p> | <p><u>Session Five</u> Cards posted by 1.15 Warm Up 1.00 Start 2.00</p> | <p>Event 21 B All ages 200m I.M. 22 G All ages 200m Breast 23 B 10yr + 100m Back 24 G 10 yr + 100m Freestyle 25 B All ages 200m Butterfly</p> |
| <p><u>Session Three</u> Cards posted 5.15 Warm Up 5.00 Start 6.00</p> | <p>Event 11 G All ages 400m Freestyle 12 B All ages 50m Back 13 G All ages 50m Back 14 B All ages 50m Breast 15 G All ages 50m Breast</p> | <p><u>Session Six</u> Cards posted by 5.15 Warm Up 5.00 Start 6.00</p> | <p>Event 26 B All ages 400m Freestyle 27 G All ages 50m Freestyle 28 B All ages 50m Freestyle 29 G All ages 50m Butterfly 30 B All ages 50m Butterfly 31/32 G/B All ages 50m Freestyle Skins</p> |

Warm Up procedures

To avoid overcrowding of lanes during the continuous swim warm up, we plan to run the warm ups by age groups: younger swimmers first and older swimmers later for most sessions. The final age break will depend on the entry numbers and will be advised with the confirmation of entries, but it is expected that the first warm up will be for swimmers age 11 and under the second for those aged 12 and 13, and the third for ages 14 and over.

All Sessions: Lanes 1, 3, 5, 7 clockwise and Lanes 2, 4, 6 & 8 anticlockwise. Sprint Lanes 1 & 8, possibly more, when announced.

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|--|--|---|-----------------------|-----------------|
| 9th Biggleswade Open 26th - 27th January 2008 | Factors applied to projected 2008 National and AAA Grade times for Upper Limits, and latest (2005) B Grade Times for Lower Limits | | | |
| | Upper | = | National / AAA | = 100.0% |
| | Lower | = | B Grade 2005 | = 95.0% |

| | | | | | | | | |
|---|-----------|-------------|-----------|-----------|-----------|-----------|-----------|------------|
| Upper Limits | | | | | | | | |
| Projected 2008 National / AAA Qualifying Times | | Boys | | | | | | |
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 50m | Freestyle | 0:34.79 | 0:32.14 | 0:30.48 | 0:28.81 | 0:27.34 | 0:26.26 | 0:25.30 |
| 100m | Freestyle | | 1:10.56 | 1:05.66 | 1:01.58 | 0:58.12 | 0:55.93 | 0:54.47 |
| 200m | Freestyle | 2:52.09 | 2:32.59 | 2:21.93 | 2:13.66 | 2:06.70 | 2:01.18 | 1:58.23 |
| 400m | Freestyle | 6:33.27 | 5:19.58 | 4:55.44 | 4:39.04 | 4:26.21 | 4:16.52 | 4:09.77 |

| | | | | | | | | |
|------|------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Backstroke | 0:40.77 | 0:37.24 | 0:35.18 | 0:33.22 | 0:31.46 | 0:30.18 | 0:29.01 |
| 100m | Backstroke | | 1:20.46 | 1:14.38 | 1:09.69 | 1:05.51 | 1:02.47 | 1:00.49 |
| 200m | Backstroke | 3:11.88 | 2:52.19 | 2:37.98 | 2:28.60 | 2:20.31 | 2:14.36 | 2:10.08 |

| | | | | | | | | |
|------|--------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Breaststroke | 0:45.86 | 0:42.14 | 0:39.59 | 0:36.95 | 0:34.59 | 0:33.22 | 0:32.14 |
| 100m | Breaststroke | | 1:31.43 | 1:24.57 | 1:18.70 | 1:13.72 | 1:10.70 | 1:08.40 |
| 200m | Breaststroke | 3:38.93 | 3:17.67 | 3:02.31 | 2:50.45 | 2:39.79 | 2:32.80 | 2:28.20 |

| | | | | | | | | |
|------|-----------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Butterfly | 0:39.98 | 0:36.16 | 0:34.20 | 0:32.24 | 0:30.28 | 0:28.91 | 0:27.73 |
| 100m | Butterfly | | 1:21.54 | 1:14.77 | 1:08.92 | 1:04.82 | 1:01.97 | 0:59.81 |
| 200m | Butterfly | 3:45.79 | 3:05.02 | 2:43.18 | 2:32.19 | 2:23.57 | 2:17.10 | 2:11.49 |

| | | | | | | | | |
|------|-------------------|---------|---------|---------|---------|---------|---------|---------|
| 200m | Individual Medley | 3:14.63 | 2:54.15 | 2:40.74 | 2:31.84 | 2:23.76 | 2:17.14 | 2:13.05 |
| 400m | Individual Medley | | 6:37.78 | 5:43.11 | 5:20.34 | 5:03.13 | 4:51.22 | 4:42.40 |

| | | | | | | | | |
|-------------------------|-----------|-------------|-----------|-----------|-----------|-----------|-----------|------------|
| Lower Limits | | | | | | | | |
| ASA B Grade 2005 | | Boys | | | | | | |
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 50m | Freestyle | 0:54.63 | 0:47.50 | 0:41.99 | 0:37.05 | 0:33.63 | 0:31.44 | 0:30.02 |
| 100m | Freestyle | | 1:44.78 | 1:31.10 | 1:20.27 | 1:12.58 | 1:07.74 | 1:04.98 |
| 200m | Freestyle | 4:29.13 | 3:47.43 | 3:18.74 | 2:54.80 | 2:38.18 | 2:27.82 | 2:21.07 |
| 400m | Freestyle | 9:53.65 | 7:58.61 | 6:56.01 | 6:07.55 | 5:33.26 | 5:12.65 | 4:59.34 |

| | | | | | | | | |
|------|------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Backstroke | 1:02.22 | 0:54.15 | 0:47.88 | 0:42.28 | 0:38.28 | 0:35.82 | 0:33.82 |
| 100m | Backstroke | | 1:57.32 | 1:41.93 | 1:29.87 | 1:21.32 | 1:15.53 | 1:11.92 |
| 200m | Backstroke | 4:55.35 | 4:13.46 | 3:39.74 | 3:13.23 | 2:55.08 | 2:43.30 | 2:35.04 |

| | | | | | | | | |
|------|--------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Breaststroke | 1:10.30 | 1:01.09 | 0:53.68 | 0:47.22 | 0:42.37 | 0:39.62 | 0:37.71 |
| 100m | Breaststroke | | 2:13.57 | 1:56.00 | 1:41.84 | 1:31.48 | 1:25.31 | 1:21.32 |
| 200m | Breaststroke | 5:36.30 | 4:49.75 | 4:12.22 | 3:40.78 | 3:18.64 | 3:04.21 | 2:56.60 |

| | | | | | | | | |
|------|-----------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Butterfly | 1:01.28 | 0:52.53 | 0:46.55 | 0:41.04 | 0:37.05 | 0:34.39 | 0:32.58 |
| 100m | Butterfly | | 1:58.08 | 1:42.12 | 1:30.06 | 1:20.66 | 1:14.95 | 1:11.06 |
| 200m | Butterfly | 5:30.60 | 4:26.38 | 3:47.53 | 3:18.55 | 2:59.36 | 2:45.58 | 2:37.03 |

| | | | | | | | | |
|------|-------------------|---------|---------|---------|---------|---------|---------|---------|
| 200m | Individual Medley | 5:01.62 | 4:17.83 | 3:44.77 | 3:18.26 | 2:59.36 | 2:47.20 | 2:39.22 |
| 400m | Individual Medley | | 9:35.60 | 8:00.42 | 7:00.00 | 6:20.28 | 5:54.45 | 5:37.15 |

| | | | | |
|--|---|---|-----------------------|-----------------|
| 9th Biggleswade Open 26th - 27th January 2008 | Factors applied to projected 2008 National and AAA Grade times for Upper Limits and latest (2005) B Grade Times for Lower Limits | | | |
| | Upper | = | National / AAA | = 100.0% |
| | Lower | = | B Grade 2005 | = 95.0% |

| | | | | | | | | |
|---|-----------|--------------|-----------|-----------|-----------|-----------|-----------|------------|
| Upper Limits | | | | | | | | |
| Projected 2008 National / AAA Qualifying Times | | Girls | | | | | | |
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 50m | Freestyle | 0:34.99 | 0:32.73 | 0:30.77 | 0:29.50 | 0:28.71 | 0:27.91 | 0:27.51 |
| 100m | Freestyle | | 1:11.93 | 1:05.63 | 1:02.52 | 1:00.95 | 0:59.69 | 0:58.94 |
| 200m | Freestyle | 2:52.68 | 2:33.76 | 2:21.54 | 2:14.88 | 2:10.46 | 2:08.53 | 2:06.48 |
| 400m | Freestyle | 6:28.08 | 5:24.58 | 4:54.53 | 4:40.05 | 4:32.49 | 4:27.92 | 4:23.82 |

| | | | | | | | | |
|------|------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Backstroke | 0:40.67 | 0:37.34 | 0:35.08 | 0:33.61 | 0:32.63 | 0:31.95 | 0:31.36 |
| 100m | Backstroke | | 1:21.14 | 1:14.11 | 1:09.86 | 1:07.61 | 1:06.42 | 1:05.09 |
| 200m | Backstroke | 3:13.75 | 2:51.01 | 2:36.04 | 2:29.20 | 2:25.05 | 2:21.66 | 2:19.12 |

| | | | | | | | | |
|------|--------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Breaststroke | 0:46.26 | 0:42.43 | 0:39.69 | 0:37.53 | 0:36.16 | 0:35.28 | 0:34.69 |
| 100m | Breaststroke | | 1:31.92 | 1:24.23 | 1:19.64 | 1:16.56 | 1:14.15 | 1:13.51 |
| 200m | Breaststroke | 3:44.13 | 3:17.37 | 3:00.36 | 2:50.67 | 2:44.07 | 2:40.11 | 2:38.73 |

| | | | | | | | | |
|------|-----------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Butterfly | 0:40.08 | 0:36.16 | 0:34.10 | 0:32.54 | 0:31.46 | 0:30.67 | 0:30.09 |
| 100m | Butterfly | | 1:21.63 | 1:13.57 | 1:09.89 | 1:07.52 | 1:05.57 | 1:05.10 |
| 200m | Butterfly | 3:46.97 | 3:04.34 | 2:43.12 | 2:33.86 | 2:27.92 | 2:23.28 | 2:20.98 |

| | | | | | | | | |
|------|-------------------|---------|---------|---------|---------|---------|---------|---------|
| 200m | Individual Medley | 3:15.51 | 2:54.24 | 2:39.40 | 2:31.99 | 2:28.34 | 2:24.77 | 2:22.81 |
| 400m | Individual Medley | | 6:27.59 | 5:38.58 | 5:20.20 | 5:10.79 | 5:04.82 | 4:59.45 |

| | | | | | | | | |
|-------------------------|-----------|--------------|-----------|-----------|-----------|-----------|-----------|------------|
| Lower Limits | | | | | | | | |
| ASA B Grade 2005 | | Girls | | | | | | |
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 50m | Freestyle | 0:51.21 | 0:43.79 | 0:39.33 | 0:36.19 | 0:34.20 | 0:33.25 | 0:32.77 |
| 100m | Freestyle | | 1:35.95 | 1:24.93 | 1:17.71 | 1:13.25 | 1:11.35 | 1:10.49 |
| 200m | Freestyle | 4:08.71 | 3:26.15 | 3:04.30 | 2:48.43 | 2:37.42 | 2:33.71 | 2:31.71 |
| 400m | Freestyle | 9:07.58 | 7:14.15 | 6:24.85 | 5:51.31 | 5:29.27 | 5:20.15 | 5:16.54 |

| | | | | | | | | |
|------|------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Backstroke | 0:58.71 | 0:49.69 | 0:44.65 | 0:41.04 | 0:38.66 | 0:37.53 | 0:37.05 |
| 100m | Backstroke | | 1:47.54 | 1:35.28 | 1:26.64 | 1:21.60 | 1:19.13 | 1:17.90 |
| 200m | Backstroke | 4:37.30 | 3:47.90 | 3:23.96 | 3:06.30 | 2:54.80 | 2:49.00 | 2:47.20 |

| | | | | | | | | |
|------|--------------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Breaststroke | 1:06.41 | 0:56.14 | 0:50.35 | 0:45.89 | 0:43.04 | 0:41.61 | 0:41.04 |
| 100m | Breaststroke | | 2:01.60 | 1:47.92 | 1:38.42 | 1:31.86 | 1:28.63 | 1:27.78 |
| 200m | Breaststroke | 5:17.40 | 4:20.96 | 3:52.37 | 3:31.38 | 3:17.41 | 3:10.76 | 3:09.43 |

| | | | | | | | | |
|------|-----------|---------|---------|---------|---------|---------|---------|---------|
| 50m | Butterfly | 0:56.90 | 0:47.69 | 0:43.13 | 0:39.52 | 0:37.14 | 0:35.91 | 0:35.43 |
| 100m | Butterfly | | 1:47.54 | 1:34.90 | 1:26.64 | 1:20.94 | 1:18.47 | 1:17.71 |
| 200m | Butterfly | 5:09.89 | 4:00.82 | 3:31.09 | 3:10.76 | 2:57.37 | 2:51.09 | 2:48.91 |

| | | | | | | | | |
|------|-------------------|---------|---------|---------|---------|---------|---------|---------|
| 200m | Individual Medley | 4:40.82 | 3:52.75 | 3:27.67 | 3:10.48 | 2:58.50 | 2:53.28 | 2:51.29 |
| 400m | Individual Medley | | 8:30.24 | 7:22.51 | 6:41.09 | 6:16.11 | 6:03.47 | 5:59.77 |

BIGGLESWADE SWIMMING CLUB
in association with
MID BEDS SWIM SQUAD
9th OPEN MEET – Licence No: 2ER8048
January 26th & 27th 2008

Officials

As we have a level 2 licence it is essential that all our officials are qualified. We would therefore be grateful for help from visiting clubs. All clubs submitting entries of significant size are expected to provide at least two officials at Judge or Timekeeper level. . We are likely to use everyone who volunteers but it would be nice to let them know in advance

Please indicate how many officials you could bring and ask each of them to complete the form below to give availability and contact details.

| | | | |
|---------------------|--|---------------------|-----------------------------|
| Name | | Club | <i>Flitwick Dolphins SC</i> |
| Address | | | |
| | | | |
| E-mail | | | |
| Daytime tel: | | Evening tel: | |

| Saturday 26th January | | Referee | Starter | Judge | Timekeeper |
|---|-----------|----------------|----------------|--------------|-------------------|
| | Session 1 | | | | |
| | Session 2 | | | | |
| | Session 3 | | | | |
| Sunday 27th January | | | | | |
| | Session 4 | | | | |
| | Session 5 | | | | |
| | Session 6 | | | | |

Biggleswade Swimming Club
Officials Secretary
Roger Mallet

Home: 01480 219316
Mobile: 07885 883213
Email: roger.mallet@btconnect.com

BIGGLESWADE SWIMMING CLUB

in association with

MID BEDS SWIM SQUAD

9th OPEN MEET – Licence No: 2ER8048

January 26th & 27th 2008

Individual Entry Form

Please use BLOCK LETTERS and fill in all parts of the form, including your ASA identification number, otherwise your entry will not be accepted.

| | | | | | | | | | | | | | | | | | | | |
|---------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| ASA IDENTIFICATION NUMBER | | | | | | | | | | | | | | | | | | | |
|---------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

NAME (incl. Middle initial & Surname)

DoB/...../19..... Male / Female AGE AT 27/01/2008

CLUB**Flitwick Dolphins SC**

ADDRESS

POSTCODE..... TELEPHONE No.

All entries should have current short course entry times. Convert submitted times, where necessary, to 25 metres by use of the ASA Equivalent Performance Tables.

| EVENT | | EVENT | |
|-----------|--|-------------|--|
| 50m Free | | 50m Breast | |
| 100m Free | | 100m Breast | |
| 200m Free | | 200m Breast | |
| 400m Free | | 50m Fly | |
| 50m Back | | 100m Fly | |
| 100m Back | | 200m Fly | |
| 200m Back | | 200m I.M. | |
| | | 400m I.M. | |

Closing date for entries: **Wednesday 10 October 2007**

Total number of events entered = × £4.00 = £..... Please make cheques payable to **Flitwick Dolphins Swimming Club**. (Where several swimmers enter, a single cheque from each club is preferred, with swimmers paying their own club.)

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Association for this competition.

Signature of competitor Date

Club Official's Signature Date